PUBLIC HEALTH
AND
SOCIAL WELFARE
IN
DENMARK

AN ACCOUNT OF AN EDUCATIONAL TOUR
MADE BY MEMBERS OF THE WOMEN
PUBLIC HEALTH OFFICERS' ASSOCIATION
27TH MAY—10TH JUNE 1936.

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THE MEMBERS OF THE
WOMEN PUBLIC HEALTH OFFICERS' ASSOCIATION SINCERELY THANK ALL THOSE WHOSE KIND COURTESY AND CO-OPERATION ENABLED THEM TO STUDY IN SUCH A PLEASANT MANNER THE MODERN METHODS OF PUBLIC HEALTH AND SOCIAL WELFARE WORK IN DENMARK. SPECIAL THANKS ARE DUE TO

DOCTOR JOHANNES FRANDSEN

CHIEF MEDICAL OFFICER TO THE DANISH GOVERNMENT FOR HIS PERSONAL SUPERVISION OF THE PROGRAMME AND TO

FRÖKEN MAGNUSSEN

MATRON OF THE RIGSHOSPITAL, COPENHAGEN, OUR COMPETENT "GUIDE, PHILOSOPHER AND FRIEND" FOR THE FIRST WEEK OF THE TOUR, AND TO

HERR NIELS BUKHS

FOR ARRANGING THE INTERESTING PROGRAMME OF VISITS IN THE ISLAND OF FUNEN.

PROGRAMME

Wednesday, 27th May.

6 p.m. Left Harwich for Esbjerg.

Thursday, 28th May.

11-50 p.m. Arrived Copenhagen. Met by Fröken Magnussen and Fröken Tovte.

COPENHAGEN.

Friday, 29th May.

Reception by Dr. Frandsen and Director Ollgaard at Rigshospitalet (the State and University Hospital).
Lecture by Professor Hauch.
Lunch with the Senior Nursing Staff by invitation.
Visit to the State Serum Institute.
Lecture by Doctor T. Madsen.
Tea by invitation.

Saturday, 30th May.

Visit to Sjallandgade 15. Flats for Unmarried Mothers; Day Nursery and Nursery School.
Visit to Gammel Kloster Housing Estate for Old People.
Visit to Nurses' Club.
Sightseeing; the Town Hall.
Tea by invitation of the Mayor—Herr Hedebrol.

Sunday, 31st May.

Free.
Service at the English Church.
Excursion Drive to Elsinore and Hillerod.
Visit to Kronborg and Frederiksborg Castles.

Monday, 1st June.

Excursion to Lund, Sweden.
Visit to the Cathedral, the University and the National Museum. Lunch at the Students' Restaurant.
Lecture by Doctor Sjövall on Tuberculosis: its Cure and Prevention among Students.
Explanations given by Fröken Kihlbom (Assistant Professor of English) and Herr Borgström (Lecturer in Botany), who acted as our guides.

Tuesday, 2nd June.

Visit to Nasseslottet Convalescent Home for Adults.
Visit to Hörsholm Home for Delicate Children (Cripples).
Visit to Narumgaard Municipal Children's Home.
Visit to the Central Tuberculosis Dispensary.
Lecture by Doctor Winge.

Wednesday, 3rd June.

Visit to Klostervaengets Primary School.
Lecture by the School Nurse in the medical examination room.
Visit to an Infant Welfare Centre at Kildevalds Kirken.
Visit to the Saxoly Settlement: Nursery School, Play and Handwork Centres.
Lecture by the Warden, Fröken Justesen.
Visit to a Canteen for Unemployed Men.
Dinner at Nimbs Restaurant by invitation of the Danish Council of Nurses.

Thursday, 4th June.

Visit to the Orthopædic Hospital and its Workshops.
Lecture by Mr. Paul Gurldal, Medical Superintendent.
Visit to Ryparken Housing Estate; Flats for Homeless People.
Visit to the Grundtvig Church.
Visit to Vanlöse Primary School.

Friday, 5th June.

Left Copenhagen. Visited Roskilde Cathedral.
Arrived Christiansminde, Svendborg.

Saturday, 6th June.

Drive to Valdemar Castle, Taasinge.
Climbed Bregninge Church Tower for the view.
Visit to Niels Bukhs High School for Gymnastics, Ollerup.
Saw Swimming and Gymnastic Lessons.
Tea by invitation of the Principal.

Sunday, 7th June.

Free. Excursions to Langeland and Ollerup.

Monday, 8th June.

Visit to Dalum Agricultural College.
Visit to a Co-operative Creamery at Krarup.
Lunch in the garden by invitation of Herr Jorgensen.
Visit with Herr Rosenstand to Korinth Agricultural High School.

Tuesday, 9th June.

Left Svendborg. Visited Odense. Hans Andersen's Museum.
Arrived Esbjerg.

Wednesday, 10th June.

Arrived Harwich.

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I. HOSPITALS.

In Denmark all matters concerning public health in general, legislation on epidemics, hospitals and quarantine come under the Ministry of Home Affairs and in 1934 the expenditure amounted to 15.3 Million Kroner. The central organ of control is known as the National Board of Health. Every town and some rural districts have their own local board of health with a responsible medical officer to exercise the necessary supervision.

The hospital services provided by the State or the Municipality are extremely up-to-date in their methods and ample accommodation is provided at a very low charge for sick persons of all classes and categories.

The Chief Medical Officer for the Danish Government, Dr. Johannes Frandsen offered our members a very hearty welcome to Denmark and to all its places of interest beginning with the State Hospital and University Training School known as

Rigshospitalet.

This hospital built in 1911 has 1200 beds and is a training school for medical students, nurses and midwives. Herr Ollgaard one of the Directors of the Hospital gave a short account of the history and general planning of the hospital and then invited members to visit the various sections and notice many interesting details in treatment and nursing. Rigshopitalet admits patients from all parts of the country and treats patients for everything except infectious epidemic diseases. Large grounds enable the general lay-out of the hospital to be both utilitarian and artistic. Green lawns and numerous flowering shrubs and trees separate the main administration block and five medical pavilions from the special departments, the chapel and the kitchen block, giving an ample supply of sunlight and fresh air to all the wards and providing convalescent patients with sunshine and rest in the open air on stretchers provided with adjustable canopies.

(a) Maternity Section: Training of Midwives.

In 1714 was passed the first Midwives' Act and in 1719 the first ly-ing ward was provided. In 1787 the Queen founded a Royal Nursing and Maternity Institute. The hospital's Charter of 1757 stated that the admission of unmarried women was to be kept secret both from the police and their family. In 1908 the name of the mother had to be entered in a special record book; before this she had only been known by a number. Later, difficulties arose if the mother wished to avail herself of any economic help.

In 1738 midwifery training was for 3 months, and a year's domestic help could be given in lieu of fees. This was increased to 6 months, later 9 months and in 1800 to 1 year's training.

In 1927 the course was extended to 2 years and the cost is from 1500—2000 Kroner.

A balance is kept between the supply and demand of midwives

in Denmark and at present there are 1,004 practising midwives who deliver about 67,000 cases annually.

The Maternity cases were delivered in the labour ward (T.20°C) and then nursed in small six bedded wards leading off a long corridor where washbasins and sluices in grey tiles were placed at frequent intervals along the outer wall. The mothers' beds were wheeled out into the corridor if the use of a breast pump was necessary as one tube of the pump was attached to the cold water tap to induce suction.

In one glassed-in side ward 3 baby girls, premature triplets weighing about 3 lbs. each were being breast fed by their mother, a young unmarried girl of 19 years and doing splendidly.

A routine 10% injection of Numal is given when the os is nearly dilated, and in cases where induction is required three tubes of a dried substance like sea-weed which expands easily is inserted. Cotton wool squares are used for navel dressings. An interesting lecture on Ante-Natal Care was given us by Professor Hauch.

Report of Professor Hauch's lecture.

If a young girl becomes pregnant and is deserted by the man she sometimes goes to a quack to seek an abortion and later is brought into hospital to have the damage repaired. If she is wiser and seeks the advice of a private doctor he will refer her to a private institution subsidized by the state and the municipality whose office is near to this hospital. This association known as The Mothers' Help has a special evening consultation time where the young girl will find a lady doctor, a nurse and a social worker able to advise her to give up the idea of abortion and help her make the best arrangements for her confinement. Work will be found for her until the last month when she can be admitted into the ward for healthy pregnant women at the Rigshospital or into a special home. If she shows signs of abnormality or illness she will be sent to the ante-natal-care station at the hospital and admitted to a special ward if necessary.

The delivery takes place in the ly-ing ward at the Rigshospital and the stay here is free of charge and secret. The Mothers' Help will endeavour to find the father of the child and make him pay a maintenance grant. They will arrange for the adoption of the child if necessary but prefer to find a home where the mother and child can be together for the first month and then find a foster nother for the child when the mother returns to her work. Unmarried mothers from all over the country can apply to be taken into the Rigshospital.

If the home conditions make it unsuitable for a married woman to have the confinement at home she is admitted to this hospital free of charge, or 24 Kroner for a single room.

In order to procure close co-operation between the Rigshospital and the Mothers' Help Association the Professor of Midwifery at the hospital also acts as Chairman of the Association and the social workers visit the mothers during their stay in hospital.

The Maternal Mortality Rate which was 27 per 1,000 in 1890 is now only 1 per 1,000.

(b) Psychiatric Department.

A Child guidance clinic is held for little patients referred by the School doctors or the family Insurance Doctors, and difficult cases can be admitted to a small ward.

There is a large block with 110 beds for violent mental cases. The windows are of unbreakable glass and kept locked. A special staff consisted of 21 nurses and 5 orderlies.

There are also 200 available beds at the Municipal hospital in Copenhagen and each county has its own mental hospital.

(c) V.D. Department.

Syphylis is dying out in Denmark, but one fifth of the population is suffering from gonorrhoea. Treatment is compulsory and free. Seamen can begin their treatment here and are given an international card to continue their treatment in any other country.

(d) Skin Department.

Cases of scabies are successfully treated in 24 hours. The patient is given a bath, a lotion is brushed on and left for 2 hours or longer as required while the patient's clothes are being disinfected. Another bath is given, and the patient returns home. All members of the family are treated on the same day. Babies under six months are painted all over except round the eyes with a softer lotion.

We are indebted to Professor Haxstausen for the following prescriptions.

For Adults: Benzyli Benzoalis; Sapo fusei; Spiritus concentratus; āā 100 gr. d.s. for external application.

For Children: Balsamium peruvianium 10 gr.; Vaselineum 90 gr. m.f. ung. d.s. for external application only.

An invitation to lunch in the Staff Common Room gave us the chance to make friends with some of the doctors, the Sister Tutor Froken Tovte, the Home Sister and many of the senior nurses. It also introduced us to a typically lavish Danish meal which was greatly appreciated as no one was on special diet!

The State Serum Institute.

Report of lecture by the Director, Doctor T. Madsen.

This institute was founded at the end of the nineteenth century to investigate immunisation against diphtheria and to produce the necessary serum. There are ten departments which deal with Serum preparation, convalescent serum, examination and control of serum, diagnosis of disease, vaccination, epidemic diseases, tuberculosis, blood tests and counts, hormones, food analysis and the preparation of standard units. All treatment given or sent to patients is free, the cost being divided between the State and the Municipality.

In 1934 Denmark had an epidemic of *poliomyelitis*, 400 true cases occurring out of about 2,000 suspected ones. Convalescent serum was given within 3 hours of diagnosis and good results obtained. 600—800 cc. of human blood was taken from old cases all over the country and from new cases about six weeks after the end of the acute stage. Remuneration was given to the donors and although this proved expensive it was found to be worth while, as the resulting death rate was only 2.3% in 1934 as against 20.5% in 1932.

For *diphtheria immunisation* children are now given one lcc. injection and also one inhalation by the nose. This has resulted in a greater percentage of negative results after only one injection.

It has been suggested that an inhalation given every year of school life by the school doctor or nurse would do away with the need for any injections.

Whooping Cough is the worst children's disease in Denmark, but since three injections at 2 days intervals have been given to the children at the beginning of the illness the death rate has materially decreased.

A recent experiment gave the following interesting figures.

	Cases injected.	*Control cases.*
Mild	410	275
Medium ..	35	90
Severe ..	4	27
Deaths	1	13

Vaccination serum against smallpox is prepared here and only two cases of death after vaccination in new born infants have occurred.

Endulent Fever prevalent in Scandinavian countries and also in England has been found to be caused by the Bax Bacillus. It causes abortion in pregnant women and the mortality rate is 3%.

Typhoid is on the decrease, but paratyphus epidemics still occur. A special epidemiologist attached to this Institute visits districts where outbreaks occur and helps the local health officers to trace the carriers. These are not allowed to work in any connection with food preparation and satisfactory compensation is paid to them by the State.

Tuberculosis of the bovine type has been completely stamped out in the island of Bornholm since the cattle are all tuberculin tested herds free from tuberculosis, but in Zeeland 50% and in Jutland 58% of tuberculosis cases can be traced to a bovine origin.

All milk used for making butter in Denmark must be pasteurised.

In Bornholm tuberculosis is rapidly disappearing as it has become a popular entertainment for adolescents between the ages of 15 and 35 years to visit the travelling dispensary and be examined at regular intervals. The standard units of serum for the League of Nations are distributed from this Institute.

This extremely interesting lecture was followed by a short film

showing how snake poison was collected in Brazil, and then the party walked round the laboratories noticing in one 211 different kinds of media and in another a copious supply of measles serum.

During a very refreshing tea interval Doctor Madsen kindly answered many questions giving further details about the special points which had interested our members.

The Orthopaedic Hospital.

Report of lecture by Mr. Paul Gurldal. Medical Superintendent.

In 1873 Hans Knussen as a form of social work founded a Cripples' Home, a private institution where both treatment and education was given. The State made an annual grant but there was no definite means of getting hold of the cripples in need of treatment unless they happened to apply to one of the Insurance Companies for financial aid, and this did not usually occur until the case was an advanced one.

The Social Reform Bill of 1933 brought many advantages.

(1) An exact definition of "deformed" was obtained.

(2) It became the duty of all school authorities, doctors and in fact everybody to report all cases where the earning capacity was effected. This bill has only been in force two and a half years so that all the cases have not yet been found. In 1934 there was an epidemic of infantile paralysis: 6,000 cases were reported but very few permanent injuries resulted.

(3) There is now a very active organisation which helps all cripples, but primarily the young. Help is given for appliances, treatment, education and after care. The cost is born by the State, the Municipality and the Sick Insurance Clubs, and the parents of the children are assessed according to their means.

All cases must attend hospital regularly, refusal means loss of benefits granted by the law, including sick pension.

Workshops are attached to the hospital and the General Director supervises both sections. Practically all the appliances and mechanical aids are made by ex-patients under skilled supervision.

The hospital takes patients referred by general practitioners, other institutions, welfare committees and the accident insurance board, and some individual cases apply on their own initiative. Careful selection is made in the out-patient department where about 6,000 new cases attend yearly, and suitable cases are admitted into the 175 hospital beds. When patients come from a distance to have minor repairs or a new plaster fixed they can stay the night in a flat at the top of the hospital which is run as a "boarding house."

On discharge the child patients attend school near their own homes whenever possible and return to the hospital at frequent intervals for re-examination. Parents are summoned if they fail to bring the child. There is a very good system of following up each case by visits at home from voluntary workers and the district nurse when necessary.

A tour round the wards and workshops of this extremely up-to-date hospital building revealed many more interesting facts. The operating theatre with its grey walls and blue light was equipped with the very latest aids to surgery. There were small private rooms where the social workers interviewed the patients and a delightful rest-cure room with its own bathroom where patients remained for a short while in preparation for an operation or to have their plasters changed.

The nurses in all the wards encourage the patients to help themselves as much as possible and many of the children enjoy a daily half hour in the swimming bath where by means of rope supports and nurse's help they can exercise their limbs under water with very satisfactory results.

We noticed with envy the electrically heated food trolleys and the stainless cutlery in the ward kitchens. Each ward has its own gaily coloured china so unauthorised "borrowing" is quickly detected. There is a ward kitchen for every two wards but everything is marked and kept strictly separate.

The bedpans are made of stainless steel and easily kept bright and clean with soap and water provided they are dryed immediately.

Each ward unit has 25 beds divided up into small side wards off a main corridor, and is staffed by a Sister, two staff nurses, one probationer, one woman orderly and two wardmaids. The Staff nurses, probationer and orderly take turns at night duty. An extra probationer is allowed in the children's wards. Probationers are taken between 18 and 22 years of age and work an 8 hour day. The hospital has one married nurse who works in the operating theatre and lives outside the hospital except when she is on night duty.

Men's Convalescent Home, Nasseslottet.

A pleasant drive northward along the Danish Riviera brought us to a large mansion with spacious grounds on the fringe of a lake, a real haven of peace. This house built in 1783 by a wealthy shipowner de Comwinch is now a perfect convalescent home for 47 men indoors and 15 in a pavilion in the garden. A speedy recovery is helped by such recreations as fishing, woodcutting, gardening, croquet and light exercises given by an instructor from Niels Bukh's Gymnastic School. A few slight mental cases taken from the Municipal Hospital are also instructed in occupational therapy.

The staff consists of a Matron, a trained Nurse and an orderly; 6 maids, 3 gardeners and a cook. The food being prepared in the well-kept kitchen looked very appetising and there is also a small tuck shop for sweets and tobacco, as smoking is allowed at certain times in the sitting rooms. The patients are expected to clean their own shoes, brush their clothes and keep their rooms tidy but are then free to wander in the woods along the lake-side and play outdoor games during the daytime and cards and indoor games in the evening. After sampling home-grown fruit salad and various fruit drinks our party much appreciated being given a buttonhole of lilies of the valley as a parting gift.

II. CHILD WELFARE.

Infant Welfare Centre, Kildevalds Kirchen.

Infant Welfare Centres in Denmark exist at present only in the capital and other large towns, but the movement is gaining ground rapidly. They were originally begun by some of the Churches as a form of parochial charity under the name of "Infants' Nursing Stations" for the purpose of promoting the rational nursing of infants and to render all poor mothers free medical advice from a specialist in children's diseases.

Since the Act of 1933 the Centres are under the direction of the municipality as far as concerns the distribution of free milk until the baby is *six* months old, one litre being allowed daily. About one fourth of the babies born in Copenhagen attend one of the 17 Welfare Centres and 70% are breast fed.

Our party was very warmly welcomed to the Centre held in the crypt of Kildevalds Church by the Pastor, Herr Alfred Jorgensen, D.D., a most enthusiastic social worker who is responsible for the organisation of these centres among a large group of parishes. We were privileged to spend a very happy hour examining the babies, making friends with the mother and listening to the advice given by their much appreciated Dr. A. Boyesen, whose services are entirely voluntary. He is assisted by voluntary helpers, ladies all keenly interested in welfare work who weigh the babies and keep the records.

Each mother is given an interesting booklet in which the rules for rearing healthy babies and toddlers are put in clear simple language; diet sheets and recipes are also included. Mixed feeding is gradually introduced at 6 months by means of a spoon; stress is laid on boiling the cow or goat's milk *once* only, and on the careful cleaning of bottles and teats.

The three main rules may be translated as

(1) Every baby needs as much rest as possible: do not treat baby as a toy!

(2) Feeding, bathing and changing should be done at regular intervals and at the same time every day.

(3) Cleanliness is essential. Wash your hands and scrub your nails every time before attending to baby's needs.

Home for Crippled Children, Hörsholm.

The lack of health visiting unfortunately makes it possible for physical defects to remain unrecognised and untreated until the compulsory school age of seven years, when cases have become incurable. When a wealthy manufacturer left a sum of money to the state about three years ago it was decided to try a new experiment and endeavour to turn twelve crippled children into useful citizens able to earn or partially earn their living when old enough.

These children, terribly crippled, but not in the least feeble

minded, live in a delightful country home at Hörsholm where our party was welcomed and refreshed by the Matron, Fröken Andreasen and the ladies of the house committee. The children are taught weaving, embroidery, carpentry and music by a resident teacher, and by means of wheeled chairs and ingenious aids to walking are able to spend part of their time on a sunny verandah, or attend to their own little garden plot with its fragrant lavender hedge and the little owners' name showing among the peas and onions. They will remain here until they are sixteen years, the youngest is now five years and the oldest eleven years. The parents supply the children with clothes, but no payment is asked from them. Many local residents give regular gifts of food such as milk, bread and groceries so that the cost to the State works out at 4½d. per head per day. The children are encouraged to save part of their pocket money and have their own money boxes and bank books. One little girl informed us that on Christmas Day she had enjoyed roast goose and also been lucky enough to find the almond in the pudding which meant that she was given an extra present!

Naerumgaard Children's Home.

In the village of Naerum a few miles outside Copenhagen an avenue of lime trees leads to a residential children's home run by the Municipality, to whom it was presented in 1906 by the heirs of the late Mr. and Mrs. Adler. As expressed in the deed of gift the object was "to enable the children to enjoy a happy childhood in rural environments, subject to healthy conditions of education; under circumstances which may be instrumental in attaching them for good to the home where a comprehending education shall mature them duly to assume a useful task in life." If in future children's homes should not be considered the best method the aggregate value of the property is to be transformed into a fund to be employed by the Municipality in educating children in rural surroundings.

Recent expansions have made it possible to accommodate 100 poor children from 2—14 years of age, the younger ones having a separate building in the midst of delightful woodland. The children are free to wander at will in the large wood which was carpeted with blue bells, wild veitch and berberis, and also are each encouraged to cultivate a tiny plot of garden. The boys enjoy a full sized football pitch and help on the farm with the 4 cows, 6 pigs and numerous chickens. The girls help with the cleaning and cooking —the cakes we sampled were excellent—and are allowed to choose their own simple but modern frocks: no uniform is worn so that when the children attend the local elementary school no invidious distinction is caused.

The personnel of the home consists of the principal and his wife, a children's nurse, a cook, a gardener, a farm hand and 10 old girls who assist in the house after leaving school. The other children after confirmation are found situations and apprenticed to various trades, each one being provided with a suitable outfit.

Saxoly Settlement.

In Saxogade, one of the few real slum streets in the centre of Copenhagen, there are two blocks of flats housing 80 families. Each flat consists of one small room with a bed alcove and a scullery at a rent of 17 Kröner weekly. Twenty four of these flats have now been rented by the Saxoly Settlement Committee, at an annual rent of about £500, and the Warden, Fröken Justesen, with twelve social workers, seven of whom live on the premises, are doing a wonderful work in catering for the needs of every member of these poor families The work has been uphill, great difficulty was experienced in getting the premises, but all opposition has now been overcome, and the happy faces of the children and the co-operation of the mothers bears striking testimony to the courage and perseverance of the Settlement workers. Fröken Justesen herself studied in an English Settlement twenty five years ago, and is also a trained woodcarver. This has enabled her to establish contact with the young lads and married men by carpentry and wood-carving classes.

Many of the mothers work in the neighbouring tobacco, chocolate and milk factories earning about 30 Kröner a week. They can leave their babies from 1—3 years old in the Nursery from 6-30 a.m. to 5 p.m. each day for 15 öre. From 18—30 babies is the usual number and as many as possible are given a daily outing in a pram.

Unfortunately there is no garden or courtyard belonging to the Settlement, which is hemmed in with other dwellings and high walls, but a wonderful iron bridge has been built out from the second floor to the nearby wall, and this forms an open air cage where the toddlers can play in safety in the open air. A child's quick wit gave it the name "Little Belt" after Denmark's most famous feat of bridge engineering.

Thirty eight children between the ages of 3 and 6 years attend the Kindergarten and enjoy a breakfast of porridge at 8-30, a hot dinner at noon, two hours rest, then a walk when fine. Equipment is simple and mostly home-made but as beautiful and complete as possible and the little one's manners are particularly good. The mother pays 20 öre a day.

There is also an approved school for older children whose mothers pay 25 öre a day for their meals.

The school is closed one day in every fortnight for cleaning and on this day the teachers take the children by train for picnics in the woods. In the summer they go in turn to a holiday camp in the country or by the sea. Accommodation is mostly given free, bedding is taken and many free meals are provided by villagers and different Church congregations. The nursery used to close down for the summer holiday, but this was found to be such a calamity that it now remains open all the year round.

Saxoly Settlement belongs to the Association for the Preventive Care of Children which collects all the necessary money except for the 20% grant given by the Municipality and the State. A Children's Day is held yearly and money is collected by means of a pageant arranged by well-known artists, stalls in the street, and the sale of a special Star badge at Christmas.

III. TUBERCULOSIS.

(a) Denmark.

According to the recently published Danish Medical Report the death rate from tuberculosis is steadily decreasing. In 1921 death from Pulmonary Tuberculosis was 7 per 10,000 population and from other forms 2.4, making a total of 9.4 In 1934 these figures were 4.3 and 1.2 a total of only 5.5 per 10,000 population.

The highest incidence was among females aged 25-30 years, 130 per 10,000 and among males of the same age 100 per 10,000. A thorough campaign by the Government to stamp out bovine tuberculosis has resulted in all the herds being now practically free from tuberculosis. Heavy sums have been paid to the farmers in compensation for condemned cattle. An interesting visit was paid to the newly opened Central Dispensary in Copenhagen.

Report of Lecture by Dr. K. Winge, Tuberculosis Officer.

The first hospital for treatment of tuberculosis was opened in Denmark in 1875 and the first Sanatorium in 1895. In 1891 in Copenhagen a National Association for the Prevention of Tuberculosis was formed in order to spread preventive knowledge, to give suitable treatment and help the families of tuberculous patients. In 1903 another Sanatorium was opened and by 1933 there was a total of 3,814 available beds.

In April 1935 the Municipality took over the control of the dispensaries and built a large central dispensary suitably served by tram routes from all parts of the town. The patients and contacts fares are paid when necessary.* The staff now consists of 9 Physicians the majority of whom are specialists in tuberculosis, and twenty trained nurses. Sessions are held from 9-30—11-30 a.m. 3 days a week and 4-30 p.m.—6-30 p.m. on two afternoons. New Patients are given a thorough physical examination, sputum, Montoux, and X-ray tests. Notification of cases by hospitals and doctors to the Central Dispensary is now compulsory. Contact cases are examined every *two* months during the first year. Disinfection of the home after the patient's death or removal is compulsory, and families where there are positive cases are provided with two linen laundry bags which are collected weekly in private laundry vans for disinfection before being laundered.

In future it is hoped that the Government will make it compulsory for all new teachers and government workers to be examined at the Tuberculosis Dispensary before taking up their appointment.

The X-ray apparatus cost 17,000 Kröner and is surrounded with lead walls. Each film costs just over 5 Kröner and a small copy is made and sent to the patient's own doctor.

Nurses are paid a salary of approximately £15 monthly and divide their time between home visits and attendance at the Dispensary. They all meet in the lecture room every Wednesday in order to study an ingenious table on the wall where a girl clerk has marked out a list of all new cases and the recent movement of the other cases. A red headed pin against the patient's name indicates a positive case at home, a grey one that the patient is away having

*Total cost last year, 3,500 Kröners.

treatment, a yellow one that the case is one of abdominal tuberculosis. Each patient is given an attendance card with the dispensary times and rules and also the telephone number of the visiting nurse so that the patient can ring up any morning between 8 and 8-30 a.m. if a visit is wanted that day. The case sheets are put in different coloured folders which give the doctor information at a glance; red for positive sputum cases, grey for negative ones, orange for pleurisy and pneumonia, observation cases, and green ones for members of a family where there has been a death from tuberculosis. In the general office a large street map with all the houses numbered is marked by the coloured headed pins to show where all the patients live. If many cases occur in a certain street special house to house investigation is made into the sanitary and social conditions there.

(*b*) **Sweden.**

During an extremely interesting visit on Whit-Monday to Lund in S. Sweden where we were taken by Fröken Kihlbom, Assistant Professor of English and Herr Borgström, Lecturer in Botany, to see the Cathedral ,the National Museum and the University, we learnt among many other facts, that unfortunately the incidence of tuberculosis among university students is very high. From Dr. Hjälmar Sjövall we later learned how the universities are helping to combat this disease.

Report of Dr. Sjövall's lecture.

Until 1926 Tuberculosis was the most common cause of death in Sweden. Among young adults it most frequently followed pneumonia. From 2,500 students there were 47 student deaths in 7 years; 7 suicides, 8 accidents and 21 from Tuberculosis.

It was difficult to discover cases in the early stage except by X-ray screening and the recognised tests. The blood sedimentation test gave warning that further investigation was necessary and 60% of the students were found to have been effected at some time or other by one of the forms of tuberculosis.

All new students are now examined and tested. Out of 1,737 students tested 2 years ago 40 were found to have active T.B. and needed immediate treatment. Out of 297 medical students 27 needed treatment. The treatment given to Lund students now costs 20,000 Kröner per year.

Some are sent to the local hospital, supported by the municipality, where the patient is charged 1 Kröner per day in the general wards. This is for their board only as all medical treatment is given free by doctors whose salaries are paid by the State.

Further treatment is provided at a Sanatorium at Hessleby (South Sweden), opened in 1934. The Students' Union grants 10 places here at 4 Kröner per day and 30 places at 2 Kröner per day to students whose parents' income is below 7,000 Kröner yearly. There is a special students' library here with all the necessary examination text books, and students' scholarships are kept valid while they are patients at a Sanatorium if the doctor permits study. Each County in Sweden also has its own Sanatorium.

IV. HOUSING.

Before the Great War the supply of dwelling houses in Denmark had been provided by private building enterprise, but high prices and a greater risk in the building trade caused a scarcity of new houses and flats both during and after the War.

By an Act of 1933 the State could grant loans up to a total sum of 30,000,000 Kröner towards new housing schemes, and this encouraged a revival of private enterprise.

In the old part of Copenhagen near the bastions and the harbour are still to be found old, dilapidated four-storied houses, with very narrow staircases and small windows which although in themselves picturesque are very overcrowded and constitute a slum area. There is no limit to the number of persons who may occupy one room even in the new flats, but the municipality now insists on open lay outs in the new housing estates and will not grant a loan unless there is plenty of open space left between the blocks of flats.

Central heating is now common in most new buildings and there is a system in some parts of the town whereby hot steam under pressure is carried in concrete insulated pipes from a central station as far as two kilometres to buildings in the city. This enables surplus heat from electricity generating stations to be made available.

Visits were paid to various new housing estates on the outskirts of Copenhagen, some built by Public Utility Societies, some by the Municipality and others by voluntary means.

Ryparken Housing Estate.

This estate, built by a Public Utility Society, provides 3,000 artisans with excellent modern flats consisting of two rooms and a kitchen with central heating and constant hot water for 68 Kröner a month. There are two flats to a staircase: each has a balcony complete with window boxes and a showerbath and lavatory basin is included in the inside lavatory. There are small paved courtyards for each block of flats and a large central open grassy space. Common washhouses equipped with electric washing, drying and ironing machinery, can be used by every tenant once a week. In an adjoining block of flats at a rent of only 50 Kröner a month, electricity in the laundry costs 35 öre per time or a gas iron attached to a slot meter could be used.

Homeless People's Flats.

The municipality has recently erected twenty flats of two rooms and a kitchen where families will reside for a month after having been turned out of condemned property until they enter a new flat. The rent is 50 Kröner monthly and each flat has its own small piece of garden surrounded by wire netting.

Gammel Kloster.

Gammel Kloster, meaning Old Cloister, is a foundation for old men and women. It dates from 1296, was originally founded by

Johannes Krag, Bishop of Roskilde, and has had several other sites in Copenhagen until this new block of 450 small flats built by the Municipality was opened in April, 1934. The foundation is divided into two parts: the *general* division and the *hospital* division and is entirely self-supporting owing to former bequests and legacies.

There are two small wards for chronic cases with six beds in each ward and the other 80 patients have their own single rooms. Food is sent up in two-division cans from the main kitchen.

The Staff consists of a doctor, a matron, 5 nurses, 7 probationers and a masseuse. Each patient pays from 1400—1800 Kröner a year for board, but medical attendance and laundry is free.

The men and women in the general division pay a small part of their old Age Pension as rent, and can either cook their own food in a special kitchen or buy their dinner from the main kitchen. They appeared to appreciate having their own furniture and belongings in the airy bed-sitting-rooms provided for them, while many were able to spend a happy time in the garden tending their own small plot of land.

Gammel Kloster has a president, a vice-president, a resident minister, and a staff of 38 women in the kitchen and laundry and 8 men as watchmen, gardeners or in the furness house.

Housing Estate for Women with Children.

These 53 flats for unmarried mothers, women whose husbands have deserted them, and widows with children between the ages of three and seven years were built by voluntary means. They are adjacent to the Nursery School and Creche in Sjallandgade described elsewhere, and enable the mothers to live decently and have their children well-cared for while they are earning a living.

Each flat consists of a small entrance hall, a lavatory with showerbath, a kitchen and a bed sitting room. The rent of 30 Kröner a month includes central heating, and hot baths can be obtained in the basement bath rooms at a cost of 10 öre per adult and 5 öre per child.

The Nurses' Club and Home.

A subscription of 16 Kröner a year to the Nurses' Association permits one to enjoy the amenities of a delightful club and to be eligible for one of the charming flats which have been erected with money collected by the nurses themselves. Any pensioned nurse, or one engaged in daily private or social work may have a corridor flat consisting of one bed-sitting-room and a kitchen for 45 Kröner per month. Bathrooms are provided on each corridor. Flats of two or three rooms can also be obtained at a rent of 70 Kröner per month and guest rooms are 2 Kröner nightly.

Excellent food can be obtained from a service restaurant.

V. EDUCATION.

The compulsory school age in Denmark is from 7—14 years. The pupils begin in primary schools, and at the age of eleven can pass into the Middle Schools (Mellemskolen). After a four year course here those who wish can take a further year at a Realklasse and sit for the Realexamen which is the entrance examination for the Civil Service, the Royal Veterinary and Agricultural College, the College of Dentistry and other similar careers. An alternative to this is a three year course at a Gymnasium studying for the Studenterexamen which enables the student to enter the universities of Aarhus or Copenhagen, where all lectures are free and degrees in various faculties can be obtained in five or seven years.

For young adults there are continuation schools in town and country with both day and evening classes: while a special feature is the provision of Folk High Schools for the rural population. There are seventy-one of these at present in Denmark where instruction is given in ordinary school subjects, economics, hygiene, farming subjects for the men and housekeeping courses for the women. Residence costs from 70 to 85 Kröner per month and pupils can obtain generous maintenance grants from the State to help with these fees.

English is the first foreign language taught in the primary and middle schools, then German, and French and Latin are studied in the Gymnasia.

Children between 3 and 7 years of age from poor homes where the mother is a wage-earner can attend one of the ninety-nine kindergartens in Copenhagen at a cost of 2 Kröner per week including meals.

Börnehaven, Sjaellandsgade 22.

In this delightful kindergarten just opposite a large block of flats for unmarried mothers, two hundred and twenty children from 3—7 years are taught on the lines of Froebel and Montessori, and appeared especially pleased with the climbing bar, ribstalls and tumbling mats provided in their playrooms. The drawings on the wall showed the modern tendency to have everything "streamline." The children can bring their own sandwiches and be given hot milk to drink in the morning, while a hot meal is provided at 3 p.m. at a cost of 15 øre ($1\frac{1}{4}$d.).

The Municipality have four holiday colonies in the country and all toddlers go to one of these for a month's holiday every year. A crowd of these jolly youngsters lined up on the pavement outside their school, hoisted their school flag and sang songs as they waved us goodbye.

Klostervangets School, Stadensvange 6.

In Copenhagen 63,000 normal school children are divided among 57 primary schools. There are also special schools; one for Stammering children, one for those with ear disease, one for tuberculous children and two for the feeble-minded. Klostervangets

School, a very modern building with wide corridors, airy class-rooms, large playgrounds and a grass covered playing field is a primary school for boys and girls up to 11 years and also a secondary or middle school for boys only from 11—15 years.

There are two gymnasiums, one of which is frequently used as a dormitory for boy visitors from other countries. Excellent apparatus is provided and the floor is cleaned between each class by two boys dragging a damp cloth attached to a long pole across the floor. Next to the gymnasium is a changing room fitted with shower baths which are compulsory after every class. Wood wool is used instead of brushes and a hot shower is given to each pupil once a fortnight.

There are 30—36 pupils in a class and the younger children attend from 8 a.m.—1 p.m., the older from 8 a.m.—2 p.m., with a break of from 9-50—11-20 a.m., and ten minute intervals between lessons. The class teacher gives 15 class lessons and there are specialists for art, singing and gymnastics. In the physics laboratory there is sufficient equipment for all the children to do the same experiment at the same time, and in the woodwork room are 24 fully equipped benches, thoroughly appreciated by the boys. The girls attend the cookery centre for 2 hrs each week, and on that day attend school from 11 a.m.—4 p.m. Thirty six fitted kitchen cupboards and drawers enable individual work and the laundry is fitted with electric irons. As this school is situated in a poor district 400 of the children are given free meals for the six coldest months of the year. No financial investigation is made into the home conditions: any child asking for a meal can have it. The menu consists of sandwiches with tomatoes, radishes and other green foodstuffs, followed by a glass of milk and an apple or orange.

In the summer months the children go in turn to one of the holiday colonies and no charge is made for this holiday, the money coming from the Social Tax which in Denmark is 10% of income.

A special point of interest at this school was the suite of three rooms used for the school clinic, where the school nurse Fröken Bargild gave us an interesting lecture on school medical work. There are 18 Doctors, 16 School Nurses, 1 Medical Superintendent and 12 Dental Clinics in Copenhagen.

The children are examined on admission at 7 years, the parents being invited to be present. A health record Chart with full details of family and previous illness history is made out for each child and a careful note is kept of any defect in skin, posture, sight, hearing, nose and throat, teeth, heart, lungs; any tendency to hernia and the characteristic relation between height and weight is also recorded. The parents are given a leaflet of health rules, and in the case of any defect a letter to the family insurance doctor. A slip is attached to this letter which the doctor signs and gives to the child to return to Nurse, thus recording the attendance. Failure to attend is followed up by a home visit and in serious cases the children are removed from the parents and put into suitable homes.

All the children are weighed and measured yearly and T.B. contacts are examined twice a year. When the children reach the fifth class there is a special eye test, the boys being also tested for colour blindness. The doctor attends the school for 1 or 2 hours twice weekly when any special case can be referred to him. The school nurse assists at all examinations, holds a treatment clinic from 11-30—12-30 daily and visits the homes of any undernourished children. Each nurse is responsible for 3, to 4,000 children and makes about 100 home visits yearly. 1% only of the children have dirty heads. These are treated with Quassia Spirit 15%, and the mother is given a nit comb and sufficient lotion to treat other members of the family.

Recipe. Quassia 750 grammes.
Spiritus 5,000 grammes.

Allow to stand 14 days before using.

Katrinedals School.

A short time spent in this modern primary school revealed a lofty oval central hall with two galleries running completely round it, and all class rooms leading from these galleries. This gave additional air space and allowed all the 1,600 children to assemble together without crowding.

In the playground a large concrete horseshoe about 3 ft. in height had a fourfold use. Along the outer edge ran a seat, the flat top was a garden bedded out with gay flowers, while the other side acted as a bicycle stand (nearly every boy and girl cycles in Denmark) and finally the inner space of the horseshoe acted as a playground for the smaller children, thus separating them from the boys' playground on one side and the girls' on the other.

Niel Bukh's High School for Gymnastics at Ollerup.

This began as a private institution in 1914 in one small house in a delightful woodland setting in the garden isle of Funen. Twelve men students were trained in gymnastics in order that they might return to their own farms and villages and instruct their fellow workers. In 1923 a stadium was built so that athletics could be added to the course, and in 1926 an indoor swimming pool since the students had increased to 150. The winter of 1933 being very severe a large indoor gymnasium became a necessity and in 1933 an outdoor swimming pool and three dining halls were built. Old students helped to provide both the money and the labour for these additions, and their keen efforts culminated in 1935 in an outdoor stadium with seating accommodation for 50,000 spectators. The picturesque old farm house in the garden is now used as a weaving school for the women students, while on the other side of the road a modern farm with model cowsheds and pig styes provides fresh food for the students.

Niel Bukh's system of training, although sometimes described as "physical torture," has made a great appeal to Danish youth eager to try something new and vigorous, and this summer 270 girls, including two English girls, are taking the 3 months' course.

The men have a 5 months' Course in the winter. From 8 a.m.—9 a.m. and 11 a.m.—12 noon there are lectures in Economics, History, Geography, Danish Literature and Grammar, Anatomy, Theory of Gymnastics and Theory of Teaching. In the afternoon everyone has one hour's swimming and one hour gymnastics, while in the evening there are optional classes in weaving, languages, singing and first aid.

Every August a special course is arranged for British, American and Canadian students, and Niel Bukh has travelled in all European countries with a team of youths demonstrating his methods. Two teams of 21 men and girls will represent Denmark at the Olympic Games. The fees are very low: 85 Kröner monthly for girls and 90 Kröner for men. The usual age for girl students is 19 or 20 years, but the men are often a little older and can also take a course of bookkeeping to help with farm accounts. Students on returning home are expected to take evening classes voluntarily twice a week in their own village. Special points of interest were the girls' sensible one piece blue practice dresses consisting of a sleeveless bodice with full bloomers attached; the high temperature of the indoor swimming pool; the method of teaching beginners by means of a cork waistbelt and a cork-mat to support their hands while the leg-stroke only was used.

The musical and artistic side of college education is not forgotten, and it was most enjoyable to join the students in listening to a recital by the famous Danish pianist, Ole Willumsen, and to poetry readings by his talented actress wife, Berthe Quistgaard.

Dalum Agricultural School.

A few miles outside Odense in Funen is a very modern, well-equipped residential college where young farmers who have already had at least five years' practical experience on the land can obtain theoretical instruction combined with laboratory research work and practical management in agriculture or dairying. The school was founded as a private one by Director Jörgen Petersen in 1886. After his death old pupils raised sufficient capital to purchase the school and the surrounding land and form "The Foundation of Dalum Agricultural School."

The course in **Agriculture** lasts 6 months, from November to April, and an additional three months advanced course may be taken. Lectures are given in Chemistry, Physics, Geology, Botany, Anatomy of Domestic Animals, Heredity, Land Surveying, Bookkeeping, Business Management of Farms, Danish Language, Arithmetic, Drawing and General Economy; while gymnastics and sports are not forgotten. The pupils' ages range from 18—30 years, and the average number per session is 160.

The course in **Dairying** lasts for 8 months and the 80 pupils must have had 4 years previous experience in butter and cheese factories. After passing an examination here they are competent to become Supervisor in a factory or Director of a creamery. Special stress is laid on bacteriology and milk testing. The cost of the course is 70 Kröner a month, and the poorer pupils can

obtain a grant from the county council of 40 Krôner a month. The government also awards yearly grants of 300 Krôner to certain dairymen, and also gives a yearly grant of 15,000 Krôner to the college.

Striking oil paintings of farming scenes adorn the walls of the lecture hall, while over the door of the main study room a semi-circular wall frescoe depicts a fruitful tree with the motto

"Aldrig faerdig men altid paa vei."—
Never ended but always going on.

A farm of 120 acres adjoining the college is run on business principles and for profit in such a way that it may serve as an example to ordinary dairy farmers, and includes eight fields of crops, a permanent pasture field, 60 head of cattle, 10 horses, and 500 pigs. The milk from the 30 milking cows is sent into the dairy, where together with milk obtained from other farms it is pasteurised in an Italian Pasteurising plant to 60°C. for drinking and 80°C. for bottling. The surplus is made into butter and cheese. Bacteriological and fat % milk tests are made, the average percentage of fat per cow being 4%.

Adjoining the college is the Landbrugsmuseum with an interesting collection of old agricultural implements: head rings worn by milk maids when carrying wooden milk pails on their heads; rocking, swinging and turning butter troughs; a circular piece of wood with hooks all round the edge on which lengths of wick were hung, the ox fat melting from the top formed candles. This was still in use during the Great War.

Krarup Creamery.

In Denmark as in the Irish Free State there is a system of Co-operative Dairies which makes it possible for the small farmer to dispose of a small output of milk at the same price as that obtained by the large farms, to produce a uniform commodity of high quality, with more stable marketing conditions. Krarup pr. Espe Creamery is an excellent example of an average sized co-operative dairy; there are about 1,800 in Denmark. The proprietor, Herr R. Jôrgensen and his wife, offered a hearty welcome to our party and with the help of Herr Rosenstand, Principal of Korinth Agricultural School, and Herr Barlebo, representative of a large export firm in Odense, explained in full the working of this airy up-to-date creamery.

The milk comes in between 5 and 6 a.m., is weighed, sampled, tested for fat percentage, and a bacteriological count taken. The milk is divided into four grades and the farmer paid according to the standard quality of the milk supplied, thus encouraging continuous improvement. An Italian pasteurising machine heats the milk to 55°C. before it passes into the separator. The cream is first heated to 95°C., then cooled to 15°C. before going into the butter churn. The skimmed milk is heated to 90°C., and then sent back to the farmers to feed the pigs.

The milk required for cheese-making is united again with the cream after the separator has cleaned it. The majority of the

cheese presses are wooden ones, but new aluminium presses are being tried out in one room. The attractive looking rounds of cheese are put in a salt bath and then transferred to racks in a drying room where the air is kept moist. A little later they are transferred to a room with a dryer atmosphere.

There are three grades of cheeses made here—30%, 40% and 45% fat content.

The visit was brought to a delightful conclusion by an alfresco lunch in the garden at the invitation of Herr Jørgensen and his wife. On tables decorated with the national flags the party found delicious samples of the cream, cheese, and Grade 1. milk, which together with fresh rolls, cream buns and excellent coffee, proved most refreshingly enjoyable. A short sing song (by request) and a vote of thanks to our host and hostess followed, and an invitation by Herr Rosenstand to pay a flying visit to his agricultural school at Korinth was gladly accepted.

Korinth Agricultural School.

This school, which was founded in 1907, is the third biggest of the 21 agricultural schools, and has 129 men students taking the winter course, many of whom go on to the university to work for a degree. Women are taken for a housekeeping course. The cost is 80 Kröner monthly, and one hour daily is spent in the gymnasium. Every second Sunday a film is shown on a students' dramatic performance and takes place in the large assembly hall. On the drop curtain was noticed a large painting by Axel Petersen, of Brahetrolleborg Castle, the Danish home of Count and Countess Haugwitz-Reventlow.

VI. CONCLUSION.

Raadhuset, or Town Hall.

Whitsuntide week-end in Copenhagen is recalled as a most pleasant interlude. A fellow member of the L.C.C. had given our Chairman an introduction to Herr Hedebrol, one of the five Mayors of Copenhagen. The Mayor arranged for us to be taken over the Town Hall after the usual visiting hours, and energetic members who climbed the tower were well rewarded with a splendid view of the city, the sound, and the adjacent Swedish coast. Everyone did full justice to the excellent tea with fruit salad, strawberries, marzipan cakes and other Danish delicacies so generously provided by our host the Mayor.

The Danish Riviera.

Even a steady downpour of rain failed to dim the beauty of the scenery along the "Danish Riviera" on a drive to the castles of Kronborg and Frederiksborg through Elsinore and Hilleröd with their reminiscences of Hamlet.

Danish Council of Nurses.

We especially appreciated the opportunity of meeting about forty Danish nurses at an enjoyable supper party arranged by the Danish Council of Nurses in the ballroom suite at Nimbs Restaurant. In her gracious speech of welcome their President mentioned that their membership was about 800 strong. They had looked forward to this visit of English health visitors as likely to influence public opinion favourably at a time when there was a bill before Parliament in regard to the provision and training of health-visitors in Denmark. The nurses present would make their first attempt at this work by taking their guests into the adjacent Tivoli Gardens where they hoped that the various amusements, concerts, open air play and fireworks' display would prove a real "refresher course." Enthusiastic applause seconded our Chairman's vote of thanks for this delightful "Hans Andersen-fairy-tale" evening.

Refugees' Canteen.

Some members spent a very interesting afternoon with Miss Melchior and Miss Abrahamson, visiting the canteen where free dinners are served daily for about sixty German Jewish refugees, and the self-contained one-room flatlets provided near the Synagogue for the Jewish aged and needy.

Roskilde.

A break of three hours in the journey from Copenhagen to Svendborg made it possible to visit Roskilde Cathedral, famous for its wonderfully carved reredos and choir stalls and the side chapels containing the tombs of the Danish royal family. On a marble pillar in one chapel where the height of every visiting monarch or heir to a throne is recorded we observed that of our King George V., when he was Prince of Wales.

Conclusion.

Miles of sweet-smelling lavender hedges bordering the winding lanes where motor traffic is rare, the semi-circular patterns in the hayfields made by the tethered cattle as they crop the long grass, white yacht sails glistening in the sunshine reflected in the deep blue water, a drive to Valdemar Castle in Taasinge, the view of the islands from Bregninge Church, a visit to Hans Andersen's house in Odense, a homely christening service in a village church—these are lasting memories of the garden isle of Funen and the happy fortnight spent in Denmark.

M. Dean.